



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 01074, Sour cream, imitation, cultured

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	71.15	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	208	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	872	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	2.40	3	0.721	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	19.52	9	0.418	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	6.63	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	6.63	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<b>Minerals</b>													
Calcium, Ca	mg	3	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.39	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Magnesium, Mg	mg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phosphorus, P	mg	45	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	161	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	102	3	28.006	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	1.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Niacin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	04513	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.74	--	--	--	--	--	--	--	--	Calculated or imputed	04513	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	4.8	--	--	--	--	--	--	--	--	Calculated or imputed	04513	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	17.791	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	1.028	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	1.006	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	8.138	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	3.364	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	1.981	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.244	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.588	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.589	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.056	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phytosterols	mg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.101	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	0.147	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	0.237	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	0.193	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cystine	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.129	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	0.137	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	0.172	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	0.095	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.071	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.075	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	0.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	0.545	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	0.271	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	0.148	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003